

BARDEN BEHAVIORAL HEALTH

ADULT, ADOLESCENT AND FAMILY THERAPY

Your Rights as a Kid with Divorced Parents

1. The right to love and be loved by both of your parents without feeling guilt or disapproval.
2. The right to be protected from your parents' anger with each other.
3. The right to be kept out of the middle of your parents' conflict, including the right not to pick sides, carry messages, or hear complaints about the other parent.
4. The right to never be asked to keep secrets from either of your parents. If one of your parents doesn't want the other to know something, that parent should not tell you because it is too much pressure for a kid to be asked to keep a secret from the other parent.
5. The right not to feel like you have to choose one of your parents over the other. There is plenty of love to go all the way around.
6. The right not to have to be responsible for the burden of either of your parents' emotional problems. They are grown-ups and you're a kid! They need to get help and support from other grown-ups, not from you. It is not your job to take care of your parents.
7. The right to know well in advance about important changes that will affect your life, for example, when one of your parents is going to move or get remarried. These big changes should never be a surprise to you; however, changes should be 100% certainty before discussion.
8. The right to reasonable financial support during your childhood and through your college years.
9. The right to have feelings, to express your feelings, and to have both parents listen to how you feel with respect for your feelings.
10. The right to be a kid. You are not an adult and should not be involved in adult issues.

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